

Learning How to Learn is Focus of Tuesday Seminar

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“How to be a better learner” is the focus of a seminar coming Tuesday, September 30, on the Southwestern Oklahoma State University campus in Weatherford.

The seminar is sponsored by the SWOSU Office of Retention Management and will be held at 7 p.m. in Stafford Center Room 104. The public is welcome to attend.

Dr. Sylvia Esjornson, professor of chemistry at SWOSU, will lead the seminar that will draw examples of how knowledge is made from many different areas of study and everyday life so that everyone should be able to make their own sense of it.

Esjornson will explore answers to questions such as: What does it take to learn something? What can you do to help your brain make sense of learning? What problem-solving strategies and learning techniques can you adopt? What makes things hard to learn, and how can you use ideas of intelligence to improve your ability to learn them?

These are questions many people struggle to answer.

“You must want to take the necessary steps to make a change in how your brain is wired,” Esjornson said.

For more information, contact the SWOSU Office of Retention Management at 580.774.6037.